

Wolf Pack WARRIOR



Vol. 20, No. 23

8th Fighter Wing, Kunsan Air Base, Republic of Korea

July 8, 2005

NEWS BRIEFS

Lost and Found

The 8th Security Forces Squadron investigations office, in Bldg. 2003 near the main gate, has a variety of unclaimed items in its inventory including key chains, keys, jewelry, radios, electronics, luggage, bikes, clothes, tools and eye glasses. The office also has unclaimed credit and debit cards issued to Justin Wilson, Daniel Hacker, Zachary Koncinsky, Matthew Magness, Dante Eisani, Edwin Viray, Thomas McMellin, Janet Olofson, Daniel Young, Marcus Morrison, James Richardson, Sarah Quart, Heather Brooks, Michael Knapp, Hyan Jung, Gregory Varoz, Eric Roberts, Renika Adams, Antonio Moran, Robert Hardman, Sean Galenzoga, Durwin Kerr, Yashio Aoki, Mary Williams, Cole Hunham (along with his driver's license), Wylie McAlear, Dannielle Tuio and Jasob Olson. To claim their property, people should call the investigations office at 782-4404.

TSP 'Open Season' is History

The restrictions of having only two open seasons each year for civilian and military members to sign up for, stop, resume, or change their thrift savings plan contributions has ended. Public Law 108-469, went into effect July 1, eliminating restrictions on contribution elections that have always been tied to TSP open seasons. For more information or to sign up for TSP go to the TSP Website at <http://www.tsp.gov/>.

Fit to Fight Marathon

In support of the Fit to Fight program, Pacific Air Force officials are sponsoring four individual runners (two male and two female) for the 2005 Air Force Marathon on Sept. 17. Selected members will attend the marathon on permissive temporary duty status. Running tops, shorts and the entry fee will be provided. For more information, call Ms. Julie Feters at DSN 448-3272.

Airmen eligible for ACMs, ICMs

Wolf Pack members are now qualified to receive the Afghanistan and Iraq campaign medal if they are eligible. All global war on terrorism medals will be converted to ACMs or ICMs unless Airmen notify their commander's support staff that they want otherwise.



Photo by Master Sgt. Brian Orban

MUSICAL SURPRISE

Ty England, a country music star, paid a surprise visit to the Wolf Pack at the 8th Fighter Wing commander's call July 1. He sang several songs and expressed his gratitude for servicemembers serving their country selflessly. Mr. England later signed autographs and personally met with some of the Airmen. See more of Ty England's visit on Page 5.

In this week's issue ...



Gen. Moseley takes seat as new CSAF

See Pages 3



Airmen make a run for fitness

See Page 7



Sparks fly at Fourth of July celebration

See Page 8

Wolf Weather 6-day Forecast

Saturday Hi/Low 79/68 Thunderstorms	Sunday Hi/Low 83/70 Thunderstorms	Monday Hi/Low 81/69 Thunderstorms
Tuesday Hi/Low 83/69 Thunderstorms	Wednesday Hi/Low 85/70 Scattered T-Storms	Thursday Hi/Low 85/70 Thunderstorms

There’s always time to say ‘I love you’

By Master Sgt. Brian Orban
8th Fighter Wing Public Affairs

Everything came to a screeching halt at 3 o’clock in the morning. At first, it was an annoying sensation that stirred me out of a sound sleep. My heart was racing along at a pretty fast clip. Must’ve been a bad dream, I figured. But when my heart wouldn’t calm down, things started getting a bit scary.

I tossed and turned several times trying to shake off the sensation. Maybe turning this way or that would make things go away and let me sleep.

No such luck.

Then the shakes set in and the heart beating got stronger – strong enough that I could see my T-shirt moving in rhythm with the beat. By then, my fidgeting woke my wife.

“Are you okay?” She knew something was wrong.

“I’m not feeling very good,” I said as tried to feign my true feelings. “My heart is beating a little too fast. I’m going downstairs to shake it off.”

Then I stood up and my

whole world went into a spin. I couldn’t tell up from down, and now my fingers were tingling.

All my adult life, I’ve known the warning signs of a heart attack, and now I was experiencing several of the danger signals. I was in serious trouble, and I knew it. Panic set in as I braced for the inevitable: My heart was going to suddenly stop and that would be it.

My wife punched 911 into the phone. An ambulance was on its way. As we waited, I stared into my wife’s eyes and just talked about anything to keep me distracted. To this day, I don’t remember what we said.

A few eternities later, they wheeled me into the emergency room. Doctors, cardiologists and medics hovered around me running tests and drawing blood.

More waiting.

Finally, the prognosis came back: no heart attack or nothing extremely nasty. It was a very serious reaction between my prescription medication and an over-the-counter brand — an oversight I’ll never repeat.

One day, my wife reminded me of that night

and mentioned our conversation before the ambulance rolled up to the house. She said I forgot to tell her one very important thing.

“I love you.”

I cursed myself for forgetting. After all, it was a very basic routine we follow each day. Many years prior, we made a promise to recite those three words each day. Normally we said them before I left for work, again during the day and always before we went to bed. We never go to sleep while we’re angry at each other. It’s a hard-fast rule we’ve nurtured for nearly 15 years of marriage.

“I love you.” They’re the same words we tell each of our children as we give our girls hugs and kisses as we tuck them into bed. If anything should happen to me or my wife, we want to ensure our words live on.

No reservations. No regrets.

I cringe at my unintentional oversight that early morning so many months ago. Afterward, I spent several days making up for my faux pas by telling her how much I love her.

This little tradition isn’t

limited to just my immediate family. We decided to carry it over to others we care so much about. It became painfully clear while we were stationed overseas from 1996 to 2000. Over the course of four years, I lost an uncle and grandmother that were very dear to me. On neither instance did I have a chance to tell them I loved them. I’ve lived with that reality ever since.

Last year, my father was hospitalized for a seriously blocked artery next to his heart. The doctors gave him extremely good chances of making a full recovery, but the idea of operating next to his heart prompted me to call him several times before his scheduled surgery. Each time we finished our calls, I always left him with one final message, which he always repeated back to me.

“I love you.”

Although he pulled through with flying colors, I’m glad we took time to talk.

There’s always time to say, “I love you.” There isn’t enough time in the world to say it if you lose the opportunity.

ACTION LINE
782-2004

action.line@kunsan.af.mil



Col. Brian Bishop
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can’t be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number and a brief description of your problem or concern. You can also send an e-mail to 8 FW/CC Action Line.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Civ. Personnel Office.....	782-4570
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
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American dream remains alive, well

By Staff Sgt. Cat Casaigne
355th Wing Public Affairs

DAVIS-MONTHAN AIR FORCE BASE, Ariz. — I am a product of the American Dream.

I was raised on the concept that in America hard work and sheer determination can lead to a better life than you ever thought possible for your family.

As I helped my grandmother cook, or as my grandfather walked me to school, I was reminded of the opportunities and blessings America has bestowed on my family.

My grandparents were born in Malta, a tiny island in the Mediterranean south of Sicily, Italy. My grandfather’s family ran a successful hotel business and my grandfather had the benefits of privileged childhood. My grandmother’s family, in comparison, was much more humble. She was one of 11 children and her father was a nurse.

When my grandmother was in fifth grade and my grandfather in sixth, their childhoods were shattered. Malta, at the time an English commonwealth, entered World War II. Because of its strategic naval location, Malta would become the

most heavily bombed nation (per square mile) of the war.

My grandmother was pulled from school and my grandfather from his tutors to run to the shelters for cover during countless air raids. Soon, all school lessons stopped and staying alive became the name of the game.

Food was scarce. My grandmother’s father would sneak food from the hospital to feed his children.

As soon as my grandfather was old enough, he joined the English Royal Navy. He served until the end of the war and went back to Malta.

Having nothing, my grandfather decided to go to Canada to start his own life. About that same time he met my grandmother. She did not go to Canada with him but he saw her again when came back to visit his father.

She later moved back to Canada with him. They had five children and moved to Detroit.

My grandparents raised their children on the customs and values of a country they left behind.

More than 50 years after getting off the boat, my grandparents still live in Detroit and continue to tell the same stories of hardship and overcoming adversity they told me as

they cooked and walked me to school.

They remain the cornerstone of our family and represent everything we aspire to be. They tell our family’s history, but more importantly, they tell what we are capable of overcoming.

My grandparents didn’t see the American Dream as fame or fortune. To them, the American Dream was opportunity — like all 22 of their grandchildren going to college.

No, we are not monetarily rich, but we are rich in family, love and pride. As one of the oldest of their grandchildren, I am most proud of their courage. To leave family and friends for an unfamiliar land where no one speaks your language takes courage I will never know. To never see your parents again so you can chase a dream of a better life is something I could not do.

I am fortunate to I serve and live in a country where people immigrate every day seeking the American Dream.

The American Dream is alive and well. It is the reason I only want to live in America, where my version stands a chance of coming true, thanks to the stepping stone my grandparents laid for me.



LISTEN

Wolf Pack Radio
88.5 FM
WEEKDAYS — 5 TO 9 A.M., AND 3 TO 6 P.M.
REQUEST SONGS AT 782-4373 OR WWW.AFNKOREA.COM

LISTEN

To your leadership
EACH FRIDAY FROM 8 TO 9 A.M., ON 88.5 FM

Have an interesting story, special hobby or unique job? Tell the Wolf Pack Warrior all about it. Submit story ideas to WolfPack@kunsan.af.mil or call public affairs at 782-4705

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‘Defend the base, accept follow-on forces, take the fight North’

EDITORIAL STAFF

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SUBMISSION POLICY: Deadline for submissions to the Wolf Pack Warrior is noon Thursdays for the next week’s edition. Submission does not guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style and available publication space. Submissions should be e-mailed to WolfPack@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

HOW TO REACH US: People with questions, comments, suggestions or submissions can contact the public affairs office at: 8th FW/PA, PSC 2, Box 2090, APO AP 96264-2090. We can also be reached by phone at 782-4705, by e-mail at 8FW/PA, WolfPack@kunsan.af.mil, or by fax at 782-7568.

Senate confirms Mosely as next CSAF

Courtesy Armed Forces Print News

SAN ANTONIO — The Senate has confirmed Gen. T. Michael Moseley as the next chief of staff of the Air Force. He is the current Air Force vice chief of staff.

General Moseley met with members of the Senate Armed Services Committee June 29 during his confirmation hearing. Following the approval of the committee, his nomination was forwarded to the full Senate which approved the nomination just before adjourning for the Fourth of July holiday.

During the hearing he said his priorities would be to further refine and improve joint

warfighting skills, continue to strengthen the Air Force's greatest asset — its people — and to recapitalize the aging aircraft fleet to meet future warfighting needs.

General Moseley is a command pilot with more than 2,800 hours in the T-37 Tweet, T-38 Talon and F-15 Eagle. He is a graduate of Texas A&M University where he earned both a bachelor's and a master's degree in political science. Besides holding numerous operational assignments, he commanded U.S. Central Command Air Forces and served as Combined Forces Air Component commander for operations Southern Watch, Enduring Freedom and Iraqi Freedom.



Photo by Master Sgt. Jim Varhegyi

Gen. T. Michael Moseley, Air Force vice chief of staff, talks to a group of congressional, industry and senior Air Force leaders during an Air Force Defense Strategy and Transformation Seminar here. He was recently confirmed as the next chief of staff of the Air Force.

Legal readiness protects servicemembers, families

Capt. D. Blake Williams
8th Fighter Wing legal office

The legal readiness program is one of many steps on the in-processing checklist that has to be taken care of. Inevitably, this raises two questions for every Airman: what is LRP and why should I care? The answer is simple.

LRP is an initiative begun by Pacific Air Forces to ensure that Airmen are legally ready to deploy. Being legally ready envisions that Airmen have some or all of the following: a last will and testament, a living will, necessary powers of attorney and life insurance. At the very least, senior leadership wants to know Airmen have made informed decisions regarding their legal options.

How does an Airman know if he is legally ready? More to the point, how does PACAF know? Because every Airman, from the Wolf down the line, must register at the LRP Website at <https://lrp.hickam.af.mil>. Upon registration Airmen will view a briefing on various legal topics and then take a survey. Based on the answers given, the program will determine if the Airman is or isn't legally ready. If the Airman is legally ready a certificate will be provided for the Airmen to turn into his orderly room. If he is not legally ready, he will get a notice to visit the base legal office.

At the legal office the Airman will be advised on what is required to become legally ready. At that time, he can decide what documents he needs and set up an appointment to get started on the process.



Courtesy graphic

In the event of an emergency being legally ready is very important. Airmen should visit their local legal office to ensure they and their families are completely protected when they're away.

Why is being legally ready important? A will and life insurance are ways of providing for loved ones should anything happen. Wills don't just dictate what happens to property, they are also used to appoint a guardian for children, lest they become wards of the state. Powers of attorney are important whether in Iraq, at Kunsan or on temporary duty. They allow spouses and other family members to handle the day-to-day activities, leaving Airmen free to focus on the mission. An advance medical directive is a way to make the tough decisions about life prolonging care now, sparing family from having to do so later.

Being legally prepared in the event of an emergency or deployment is really important. Better to think about it now than leave family members wondering about it after it's too late, so get legally ready today.

For information regarding legal issues or legal readiness call 782-4283.



Courtesy 8th Fighter Wing Legal Office

The importance of a Power of Attorney

Military members are often called away from home on short notice. In such a circumstance, the proper power of attorney can provide families with the authority to act on a servicemember's behalf and to administer personal affairs.

A power of attorney is a legal document by which, the principal or grantor, give another person) the authority to act as an agent. The person may act on behalf of the servicemember in handling business, personal, or legal matters. There are three types of powers of attorney: general, special, and medical.

General POA — A general power of attorney gives a person the right to conduct financial and legal affairs on a person's behalf, including the right to obligate them in a variety of transactions (e.g., buy and sell property, liquidate bank accounts, and purchase items on credit). Actions done under authority of a general power of attorney is treated as if the person who authorized the power of attorney, actually made the transaction.

Special POA — A special power of attorney is a limited power of attorney that only provides someone the right to act in place of another to accomplish some specific purpose. Examples include: registering or selling an automobile or house, paying taxes, shipping household goods, obtaining medical care for children, and cashing checks.

Medical POA — A medical power of attorney authorizes another to make medical decisions for a person when they are unable to make decisions for themselves.

Things to know when getting a will

♦ Why have a will?

A will lets a testator, or person making the will, decide how their property will be distributed upon death. With a will, the testator chooses the person,

bank, or trust company to serve as the personal representative of the estate and to settle any affairs after death in accordance with terms set out by the testator, such as naming a guardian for minor children or stating any special funeral arrangements. A will also protects an estate from the risk of additional expenses and court costs involved in the administration of an estate without a will.

♦ How is a will valid?

A will does not become enforceable until the death of the maker of the will. Therefore, a will may be changed or amended at any time.

NOTE: A will's terms cannot be changed or amended by writing something in or crossing something out once the will has been executed. Any writing on the will other than the signatures may invalidate the will rendering it unenforceable.

♦ What limitations to a will?

A testator may own real property (land) that will not pass to their beneficiaries under the terms of a will and never enter the probate estate. Property owned with another person as "joint tenants with right of survivorship" passes automatically to the surviving owner upon the death of either co-owner.

Examine the property deed to see if this applies. Life insurance in the testator's name is paid at his death to the named beneficiaries in the policy, not to those persons named in the will, unless the policy expressly says otherwise.

♦ What should be done with a will?

A testator should keep the will in a safe accessible place such as a firebox. He should have more than one copy and keep it someplace other than at home.

♦ Where are wills obtained?

Come to the base legal office during legal assistance hours Monday and Wednesday 9 to 11 a.m. and Tuesday and Thursday from 2 to 4 p.m., then fill out a will worksheet and see an attorney. A will can be provided the same day if necessary. We have will executions, by appointment, Tuesday from 2 to 3:30 p.m. in the courtroom.

Taking precaution can be difference between life, death

Airmen should take simple steps to help prevent summertime heat related injuries

Tech. Sgt. Wendi Fox
8th Mission Support Squadron

Not only does it get quite warm at Kunsan but it's also very humid. The humidity interferes with the body's ability to dissipate heat. The hotter it gets the greater the chances of suffering from heat stress.

Heat stress is the buildup in the body of heat generated by the muscles during work and of heat coming from warm and hot environments. Heat exhaustion and heat stroke result when the body is subjected to more heat than it can cope with.

When the body becomes overheated, less blood goes to the active muscles, the brain and other internal organs. Workers get weaker, become tired sooner, may be less alert, less able to use good judgment and less able to do their jobs well.

As strain from heat becomes more severe, there can be a rapid rise in body tem-

perature and heart rate. A person may not realize this is happening because there is no pain. Mental performance can be affected with an increase in body temperature of two degrees above normal. An increase of five degrees can result in serious illness or death.

The most serious illness is heat stroke. Its effects can include confusion, irrational behavior, convulsions, coma, and even death. Heat stroke can make survivors very sensitive to heat for months and cause varying degrees of brain and kidney damage. More than 20 percent of people afflicted by heat stroke die, even young and healthy adults.

Although summertime is also fun time, Airmen should always take extra precaution when going out.

Sometimes even the smallest gesture like drinking plenty of water each day can mean the difference between life and death.

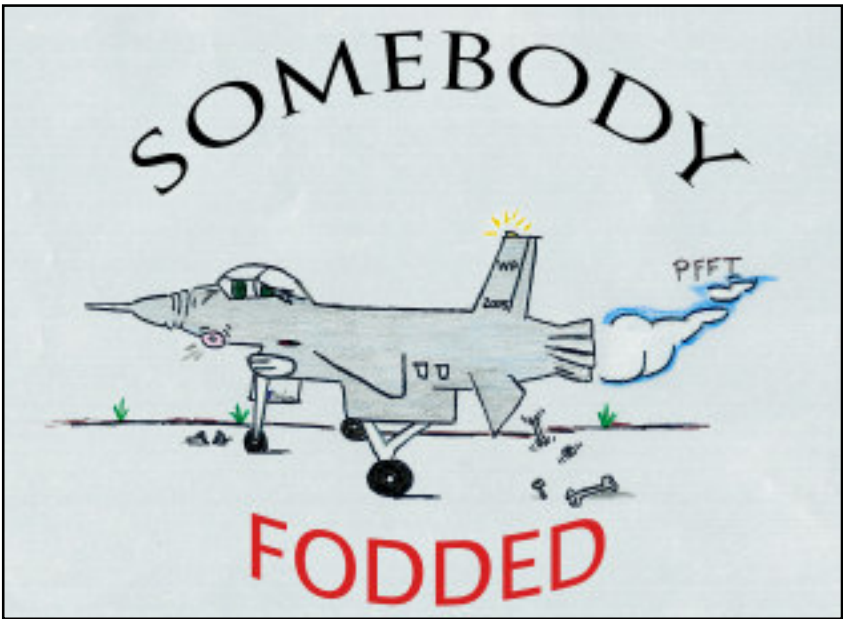
Heat injury first aid

Heat stroke first aid:

- Move the victim to a cool place. Remove heavy clothing; light clothing can be left in place.
- Immediately cool the victim by any available means. Such as placing ice packs at areas with abundant blood supply (neck, armpits, and groin). Wet towels or sheets are also effective. The cloths should be kept wet with cool water.
- To prevent hypothermia continue cooling the victim until their temperature drops to 102 degrees Fahrenheit.
- Keep the victim's head and shoulders slightly elevated.
- Seek medical attention immediately. All heat stroke victims need hospitalization.
- Care for seizures if they occur.
- Do not use aspirin or acetaminophen.

Heat exhaustion first aid:

- Move the victim to a cool place.
- Keep the victim lying down with legs straight and elevated 8-12 inches.
- Cool the victim by applying cold packs or wet towels or cloths. Fan the victim.
- Give the victim cold water if he or she is fully conscious.
- If no improvement is noted within 30 minutes, seek medical attention.



FOD WINNER

Senior Airman Meagan Marin, 35th Aircraft Maintenance Squadron, won the FOD poster of the quarter competition. This award is given to the winning FOD posters entry by the junior FOD council during their last meeting of the quarter. Winning poster are posted throughout the maintenance complex and compete at command level at the end of the fiscal year. Airmen win a three day pass and award certificate that include AAFES gift certificate. They also receive a wolf cranium plaque and a FOD coin. To submit a poster, contact Master Sgt. Reginald Harrison at 782-6085. All entries are preferred to be submitted in power point format but not necessary.

Saving energy at work is just as important as saving energy at home

Unresolved energy over use could cause negative domino effect that interrupts day to day life

By Mr. Tom Byrne
8th Civil Engineer Squadron

People often remember to turn off the iron at home or remember to twist the faucets to ensure they don't drip. But at work, people often neglect saving energy because the building they work in doesn't belong to them and they don't see the energy bill. However, saving energy even at work can make a difference on the planet as a whole because over using energy can have a negative domino effect if left unresolved.

In the past, blackouts have occurred because of energy over use. So take the time out to follow a few steps that can help reduce the energy use at the office.

- ♦ Turn off monitors before leaving work.
- ♦ Make sure the computer monitor's power management feature is enabled. If not, contact an information manager and ask them to change the settings on the computer so the monitor shuts off in 10 minutes.
- ♦ Check to see if the computer's power management features are enabled. If not, contact your information manager and ask them to enable the central processing unit. This feature makes the computer power down to about 15 percent of its full power after the designated period of non-use.
- ♦ Turn copiers off at night and on weekends. Have the information managers check to see if the office copy machines power management features are enabled. Check the period of delay for activating energy-saver mode or automatic shut-off.
- ♦ Turn off printers at night and on weekends. Some laser printers draw 30 to 45 Watts even in sleep mode.
- ♦ Check to see if the printer's power management features are enabled. Start-up delays from sleep mode are minimal.

Cultural Corner

Did you know?

South Korea has high-speed rail service linking Seoul with the southern port city of Busan that was launched in April 2004. The new rail service, Korea Train Express or KTX, travels at speeds of about 186 MPH and cuts the travel time from Seoul to Busan to two hours and 40 minutes from four and a half hours. South Korea is also one of only four countries in

the world (including Germany, France and Japan) to develop a bullet train capable of traveling at speeds faster than 217 miles per hour. In addition to high-speed rail service, Seoul also has a large subway system that transports about 5.5 million passengers a day. It first went into service in 1974 and now consists of eight lines extending nearly 287 kilometers in area with stops at 263 stations in the metropolitan Seoul area.



Music, messages highlight Wolf's call



Photos by Master Sgt. Brian Orban

Senior Airman Jen Blamowski, 8th Fighter Wing command post, and Staff Sgt. Anita Herrada-Johnson, 8th Logistics Readiness Squadron, briefs the wing about Airmen Assisting Airmen during the Wolf's call July 1. Airmen Assisting Airmen is a volunteer organization that helps fellow Wolf Pack members get home safe.



Members of the 8th Fighter Wing get ready to listen to Ty England sing after the Wolf's call July 1. England stopped at Kunsan as part of his Korean USO tour.



Ty England sings country music to Wolf Pack members July 1 and was given the call sign "Tyhawk" during his stay.



A member of Ty England's band plays along during the July 1 concert.



Col. Brian Bishop, 8th Fighter Wing Commander, introduces his wife, Mrs. Linda Lindquist-Bishop, to the wing during his Wolf call July 1.

TODAY

Financial seminar — The Family Support Center’s weekly personal financial management briefing starts at 3 p.m. at Building 755, room 215. It’s geared for those in the E-1 to E-4 pay grades. No registration required.

Howlin’ bowl — The Yellow Sea Bowling Center holds its howlin’ bowl for \$11 per person or \$50 per lane.

Karaoke night — The Falcon Community Center’s karaoke night runs from 8 p.m. to 2 a.m.

Free food night — The Loring Club offers free food night from 6 to 8 p.m.

SATURDAY

Walking Tour — The Family Support Center is offering a Eunjeok Temple and Gunsan Lake Walking Tour from 9:30 a.m. to 5 p.m. tourists will take the local bus to Eunjeok Temple area, hike around Gunsan reservoir, downtown area, and will lunch at a local restaurant. Bring 20,000 won for local bus transportation, lunch and incidentals. Call 782-5644 to register.

Paintball — Outdoor recreation holds a paintball tournament from 10 a.m. to 3 p.m. at Wolf Pack Park.

Bowling events — The Yellow Sea Bowling Center’s nine pin no-tap tournament starts at 6 p.m. The entry fee is \$17.

Karaoke night — The Falcon Community Center’s karaoke night runs from 8 p.m. to 2 a.m.

Late nighter — The Loring Club offers a late nighter dance night.

SUNDAY

Bingo — The Loring Club offers Bingo starting at 2 p.m.

Spades tournament — The Falcon Community Center hosts a spades tournament 4 p.m.

Dollar days – People can bowl for \$1 per game with 75-cent shoe rental at the Yellow Sea Bowl-ing Center.

MONDAY

Triple movie madness — The Falcon Commu-nity Center hosts triple movie madness starting at 7 p.m.

Pool tournament — The Falcon Community Center hosts an 8 ball pool tournament starting at 7 p.m.

Pizza deal — Get 50 cent slices of pizza and drink deals from 6 to 8 p.m. in the Loring Club.

TUESDAY

Open chess night — The Falcon Community Center hosts its monthly chess open night start-ing at 7 p.m.

Yellow Sea Bowling Center — Ladies bowl

for free starting at 6:30 p.m.

Monte Carlo night — The Loring Club hosts Monte Carlo night starting at 6 p.m.

Cooking class — The Family Support Center offers a cooking class from 11:30 a.m. to 1 p.m. at the Sonlight Inn. Registration is required by call-ing 782-5644.

WEDNESDAY

Free food night — The Loring Club offers free food night from 6 to 8 p.m.

Reunion briefing — The Family Support Center’s return and reunion briefing starts at 3 p.m. in the Health and Wellness Center class-room at the Wolf Pack Fitness Center. This man-datory briefing addresses challenges facing single and married military members preparing to re-turn to their families.

Yellow Sea Bowling Center — Bowl for 75 cents per game.

Karaoke night – The Falcon Community Center’s karaoke night runs from 8 to 11 p.m.

THURSDAY

Sponsor Training — The Family Support Cen-ter is offering a Sponsor Training class from 10 to 11 a.m. in room 215 of Bldg. 755. Learn creative ways to assist newcomers reporting to Kunsan AB. Registration is required by call 782-5644.

Orphanage visit — The Family Support Center’s weekly Korean orphanage outing leaves the military personnel flight parking lot at 6:15 p.m. The weekly outings give base people a chance to interact with local Korean orphans. To regis-ter, call 782-3772 or 782-5644.

Dollar day — Bowl for \$1 per game at the Yel-low Sea Bowling Center.

UP ‘N’ COMING

Fit-to-fight — The Wolf Pack Fitness Center Fit-to-Fight competition is July 30 starting at 9 a.m. and includes push-ups, sit-ups and one and half mile run.

Community events — The center’s monthly “onse” birthday celebration starts at 7 p.m. July 19. A 301 dart tournament starts at 3:30 p.m. July 26.

FSC tours — Its monthly walking tour of Kunsan City starts at 8:30 a.m. July 23. Reser-vations are required for all tours. For more infor-mation, call the center at 782-5644 or 782-3771.

Outdoor recreation tours — Outdoor recre-ation offers a water rafting trip July 9 starting at 6 a.m.

Cost is \$70 and includes transportation and bar-becue sandwich lunch. Those attending should bring won, snacks, water, a dry change of clothes and appropriate sun block.

Sponsor training — The Family Support Center’s next sponsorship training workshop starts at 10 a.m. July 14. Reservations are re-quired by calling 782-3772.

MOVIES

“HOUSE OF WAX”

Rating: R for horror violence, sexual content and language

Staring: Elisha Cuthbert, Chad Michael Murray and Paris Hilton

A group of friends falls prey to a pair of murderous brothers who have expanded upon the area’s house of wax, and created an entire town filled with the wax-coated corpses.

Show times: 7 and 9:30 p.m. today and Saturday

“KINGDOM OF HEAVEN”

Rating: R for strong violence and epic warfare

Staring: Orlando Bloom, Eva Green

Balian joins his father on the Crusades. Along the way, he reveals his gifts of inherent goodness and fair treatment of all human beings.

Show times: 6 and 8:30 p.m. Sunday and 8 p.m. Tuesday

“MONSTER-IN-LAW”

Rating: PG-13 for sex references and language

Staring: Jennifer Lopez, Jane Fonda

Charlie has finally met the man of her dreams, Dr. Kevin Fields. There’s just one problem, his overbearing mother Viola decides to break up the happy couple by becoming the world’s worst mother-in-law.

Show times: 8 p.m. Wednesday and Thursday

CHAPEL SERVICES

CATHOLIC SERVICES

Daily Mass — 11:30 a.m. Monday through Thursday

Weekend Mass — 9 a.m. Sundays

Reconciliation — Monday through Friday by appointment, 4:30 p.m. Saturday, 8 a.m. Sun-day

R.C.I.A. classes — 7 p.m. Wednesday, chapel conference room

PROTESTANT SERVICES

General Protestant worship – 11 a.m. Sunday

Contemporary praise and worship – 6 p.m. Sunday

Gospel service – 1 p.m. Sunday

Inspirational praise and worship service – 7:30 p.m. Friday

LATTER-DAY SAINTS SERVICES

Weekly service — 3:30 p.m. Sunday

SONLIGHT INN

The Sonlight Inn opens from 6 to 10 p.m. Sun-day through Thursday, 6 p.m. to midnight Fri-day and 6:30 a.m. to midnight Saturday. The chapel hosts several Sunday school and Bible study groups at the Sonlight Inn. For more in-formation, call the chapel at 782-4300.

FREE CLASSIFIEDS

Seeking players — Still looking for more people interested in playing Dungeon and Dragons! Great strategy and team building game. Please contact Stan at 010-8671-7030 or 782-7050 any time to talk.

Seeking vehicle — Newly arrived; seeking reliable, low-maintenance Osan capable transportation. Reasonable offers considered call Dr. John Glover, 8th Fighter Wing Historian at 782-6086.

American Red Cross opportunities -- The base Red Cross station has volunteer oppor-tunities in a variety of agencies. For more information, call the station at 782-4601.

WOLF PACK WHEELS SCHEDULE

OSAN AIR BASE SHUTTLE

Monday to Thursday – Leaves Kunsan at 7:30 a.m. and 1 p.m. Leaves Osan at noon and 6 p.m.

Friday – Leaves Kunsan at 7:30 a.m. and 3 and 6 p.m. Leaves Osan at noon and 10 p.m.

Saturday – Leaves Kunsan at 7:30 and 10 a.m. Leaves Osan at noon and 4 p.m.

Sunday – Leaves Kunsan at 7:30 a.m. and noon. Leaves Osan at noon and 5 p.m.

One-way tickets are \$12.50 for general Wolf Pack members or \$11.50 for Airman morale program members. Round trip tickets are \$25 or \$23 for Airman morale program members.

E-MART SHUTTLE

Saturday and Sunday – Leaves Kunsan at 10 a.m., noon and 2, 4 and 6 p.m. and leaves the E-Mart at 11 a.m. and 1, 3, 5 and 6:30 p.m. Round trip tickets are \$3.

INCHEON INTERNATIONAL AIRPORT SHUTTLE

Monday and Tuesday and Thursday to Saturday – Leaves Kunsan at 4 a.m. and 6 p.m. and leaves Incheon at 9 a.m. and 11 p.m. from Gate 11 at the airport. One-way tickets are \$27.50 or \$25 for Airman morale program members.

Being a good runner requires lots of patience, determination

By Brian Killen
Health and Wellness Center

Running the 1.5 mile run makes up 50 possible points in the Air Force Fitness Test, therefore Airmen should concentrate on improving their running times to ensure they get the highest possible score on the test. Also, the benefits of running are endless. Taking up running can become easier if small steps are taken to improve endurance. Here are a few practical pointers to keep in mind when starting a running program:

- ♦ Plan a progressive running program to prevent injuries. A five-minute warm-up (which should raise your temperature by one degree) followed by stretching exercises, is essential before starting a run. Following the run, stretching again is important.
- ♦ Stretch daily. Running can lead to muscle imbalances and cause the calves, hamstrings and low back muscles to shorten.
- ♦ During hot weather, run in the early morning or evening, to avoid heat exhaustion.
- ♦ Start your run with the

- body feeling “a little cool” since body temperature will increase when you start running.
- ♦ You can lose between six and 12 ounces of fluid for every 20 minutes of running. Drink 10-15 ounces of fluid 20 to 30 minutes prior to running and every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink one pint of fluid.
 - ♦ Run in the shade if possible to avoid direct sun. If exposed to the sun, apply at least a number 15 sunscreen. Wear sunglasses to filter out UVA and UVB rays, and wear a hat with a visor to shade your eyes and face.
 - ♦ When selecting a running shoe, look for good shock absorption and construction that will provide stability and cushioning to the foot. Make sure that there is a thumbnail’s width between the end of the longest toe and the end of the shoe. Buy shoes at the end of the day when the foot is the largest.
 - ♦ Sixty percent of a shoe’s shock absorption is lost after 250 to 500 miles of use, so people who run up to 10 miles per week should consider replacing their shoes every nine



Photo by Mr. Yi, Haksong

Wolf Pack members run the 5-k fun run Saturday near the base gym. The fitness center provides a number of activities geared toward runners and improving running.

- to 12 months.
- ♦ Excessive clothing can produce sweating, which causes the body to lose heat rapidly and can increase the risk of hypothermia. Instead, dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermax); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
 - ♦ Do not run at night, but if you run at dusk or dawn, wear reflective material.
 - ♦ Run with a partner, you will tend to challenge each other and run for greater distances and at a higher intensity.
 - ♦ Record your run times, you may be running at a slower pace than your realize.
 - ♦ Try to increase your running pace and/or distance every week.
 - ♦ Whenever possible, run on a clear, smooth, resilient, even, and reasonably soft surface. Avoid running on hills, which increases stress on the ankle and foot. When running on curved surfaces such as the indoor track, change directions every other session, so that you even out the stress on your knees and ankles.

VARSITY SOFTBALL

Kunan men maintain strong defense at Osan

By Airman 1st Class Juanika Glover
8th Fighter Wing Public Affairs

Editor’s note: Information for this column was compiled from intramural and varsity coaches’ reports. For more information on submitting information to this column, call the base newspaper staff at 782-4705.

The Kunsan Wolf Packs faced off with, Osan Air Base Camp Hovey, Camp Humphrey’s, Younsan Army Base and Camp Casey at the Fourth of July varsity softball tournament last weekend.

Kunsan players brought their game faces, doing well in the first five games. Osan made good competitors with their strong hitters and solid defense. However, Kunsan stood up to the challenge and hit the balls well one after the other and remained undefeated which helped bring them into the winner’s circle.

Donnie ‘Big D’ Morris scored high with 25 for 28 and 12 home runs. He also scored big by winning the home run derby.

Ty ‘Hitman’ Simpson was right behind him with 16 for 22 and six home runs.

Jim ‘Jimbo’ Radford brought in more good news with his 19 for 28 and three home runs.

Right around the hitter’s corner was Donavon Schaefer with 19 for 25 and two home runs.

Last but not least was Vinny ‘PACAF’ Cardiel with 15 for 23 and one home run to lead the pack hitting charge.

All-in-all Kunsan kept the home runs coming and maintained a strong defense throughout the tournament.

UPCOMING EVENTS

Water Rafting Trips — The Gyongho riverside provides an excellent spot for water rafting. It has streams that run through rushing torrents. The cost for the trip is \$70 and that includes transportation departing from the outdoor recreation build 517 and three hours of rafting. A lunch of barbecue, burgers, hotdogs, chips, sodas and water will be provided. Bring won to buy sunblock, souvenirs and possibly a change of dry cloths.

Fishing Trip — A fishing trip to Nok-do and Juk-do Island is scheduled for July 23. About 40 boats are ready for boat fishing to the west coast of Boryeng City for sea fishing. Armorclad Rockfish and Spotty Belly Greenling fish are the most common catches. The cost for the trip is \$100 includes boats, fishing rods, bait and tackle, bus transportation and trip leader. Bring snacks, lunch and won.

Hiking Trip — A hiking trip to Jirisan National Park is scheduled for July 30 at 7 a.m. People wishin to go should depart from the outdoor recreation center. The cost for the trip is \$35. Bring won to buy lunch, snacks and plenty of drinking water.

STANDINGS



As of July 7

INTRAMURAL SOFTBALL

AMERICAN LEAGUE	W	L
Red Devils	6	1
Ammo	6	2
8th SFS A	5	2
Cobras	3	1
Holloman	3	3
Army	2	3
Warriors	2	3
Medics A	2	5
Lugnuts	0	5
Egress	0	6

Upcoming games
Tuesday
5:30 p.m. — LRS vs. EGRESS
6:30 p.m. — CES vs. ARMY
7:30 p.m. — MSS vs. Holloman
8:30 p.m. — 8th AMXS vs. SFS

Thursday
5:30 p.m. — MDG 1 vs. Holloman
6:30 p.m. — ARMY vs. EGRESS

NATIONAL LEAGUE	W	L
Fab Flight	6	1
Wizards	6	1
Armament	4	2
AGE	4	2
Avionics	4	2
8th MOS	4	2
Phase	0	5
8th SFS B	1	5
Comm	2	4
Medics B	0	7

Upcoming games
Monday
5:30 p.m. — Wizards vs. Avionics
6:30 p.m. — MDG 2 vs. PHASE
7:30 p.m. — ARNAMENT vs 8th MOS
8:30 p.m. — 8th CS vs. BEERS

Wednesday
5:30 p.m. — AGE vs. Avionics
6:30 p.m — FAB FLIGHT vs. PHASE
7:30 p.m. — WIZARDS vs. 8th MOS
8:30 p.m. — 8 th MDG vs. BEERS

VARSITY SOFTBALL

Upcoming games
Saturday
Wolf Pack vs. Camp Carroll, 4 and 5:15 p.m. at Kunsan
Camp Casey Women vs. Lady Wolf Pack, 4 and 5:15 p.m. at Camp Casey
Sunday
Wolf Pack vs. Camp Carroll, 9 and 10:15 a.m. at Kunsan
Camp Casey Women vs. Lady Wolf Pack, 9 and 10:15 a.m. at Camp Casey
July 16
Lady Wolf Pack vs. Camp Humphreys Women, 4 and 5:15 p.m. at Kunsan



SPORTS SHORTS

Unless noted, all events, games or classes are held at the Wolf Pack Fitness Center. For more information, call the center at 782-4026.

Martial arts class schedule

- Hapkido — 8 a.m. and 6:30 p.m. Monday through Friday
- Tang soo do — 6:30 and 11 a.m. and 7 p.m. Monday through Friday and noon Saturday
- Tae kwon do — 11 a.m. and 8 p.m. Monday through Friday
- Kung fu — 8 p.m. Monday through Friday

Martial arts class schedule

- Spin class — 5:30 a.m. Tuesday to Friday and 6 p.m. Monday to Thursday
- Step class — 5:30 a.m. Monday and Wednesday and 5:30 p.m. Tuesday and Thursday
- Cardio circuit training — 5:30 p.m. Monday and Friday
- Pilates — 5:30 p.m. Wednesday and 10 a.m. Saturday



Photo by Mr. Yi, Haksong

Wolf Pack member’s enjoyed a fireworks display that could be seen around the base Monday at the Fourth of July celebration. Airmen got to see an array of different types of fireworks. Wolf Pack members also participated in several events that took place which included dunking booth, contest, bake sales, entertainment and grilling.



Photo by Airman 1st Class Juanika Glover

Airmen display their patriotism for the Fourth of July parade Monday



Photo by Airman 1st Class Juanika Glover

ABOVE: Tech Sgt. Carlyle Stone, 8th Services Squadron, prepares a funnel cake to sale. BELOW: Korean dancers entertain the Wolf Pack at the Fourth of July Celebration Monday.



Photo by Capt. Richard Komurek

Col. William Becker, 8th Fighter Wing vice commander, takes a dive after being dunked at the dunking booth Monday.



Photo by Mr. Yi, Haksong

Wolf Pack members purchase food, drinks and snacks at squadron booths Monday. Each squadron set up their own uniquely designed booths to sell squadron coins, T-shirts, baked goods, grilled hotdogs and hamburgers.



Photo by Mr. Yi, Haksong